

Activity

Practice Goofing Up!

Purpose: Learn the importance of taking action, through the exploration that there is more than one way to do things.

Take an activity which your child avoids or has a fear of. Let's imagine that your child avoids writing due to his fear of "not writing fast or well enough."

Instructions to child:

Sit comfortably.

Close your eyes and take a few breaths.

(Pause)

Imagine sitting in your class.

Your teacher has just given you a handwriting assignment.

This is a long assignment which will count a lot for your grade in the class.

What do you notice in your mind?

(Pause)

How do you feel?

(Pause)

Look and feel any images or body sensations which come up.

Just focus on those body parts and breathe.

Don't make anything right or wrong.

Just notice how you feel and see.

(Pause)

Now, let's have some fun!

Imagine that you have many different kinds of writing tools. Big, fat ones.

Skinny ones. Markers that sparkle. Paint brushes with bright colors.

Pick any tools you want.

Your assignment now is to see how many different ways you can write.

Write sloppy! Write fast. Slow it down. Make it huge. Make it very tiny.

Be like an artist and just create! Create as many different ways to write as you can.

(Pause)

Notice how there are lots of different ways to write. None of them are perfect, they are all just different. None of them are really right, or wrong—they are just different.

Know that next time you have a written assignment, you can choose in your mind as silly or creative writing tool as you want.